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on Monday. JEFF HARPER/METRO



HALIFAX VOTES 2016

FOOD FOR THOUGHT

Fresh veggies and foods are out
of reach for many Haligonians
living in food deserts. Making
food security an election issue,

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HALIFAX HEROES

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Learn more by visiting the Community Fund section on bell.ca/letstalk.

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Canadian Bipolar Association

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Logis Rose-Virginie

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Newfoundland & Labrador Association of Fire Services

Noojmowin Teg Health Centre

Northern Integrated Cultures with the Environment (Northern ICE)

Partners for Care

Partners for Youth

PEI Family Violence Prevention Services

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Revivre

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St. Stephen's Community Housing

Student-Athlete Mental Health Initiative

TAIBU Community Health Centre

Tel-Aide

Tel-Aide Outaouais

The Lighthouse Serving the Battlefords

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UNITY Charity

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VALPABEM

Victim Services Toronto

Victoria Immigrant and Refugee Centre Society

Village des sources l'Étoile filante

Westcoast Family Centres Society

YWCA Peterborough Haliburton





Making music accessible

COMMUNITY

The Halifax Music Co-op has more than 800 members



Yvette d'Entremont
Metro | Halifax

Summing up John Bogardus' contribution to the local music community isn't easy, but a member of the Halifax Music Co-op gave it a try when nominating him as a Halifax Hero.

"Over its short existence the co-op has been run mostly on the hard work, countless volunteer hours, sleepless nights and empty pockets of a man completely committed to the cause of community and music," the nominator wrote.

"John is definitely one of the unsung heroes of Halifax."

When not in front of an orchestra, Bogardus spends his time programming, hiring faculty, auditioning new members, and meeting with potential fundraisers about supporting community music and free music education through the co-op's Sistema program for children between the ages of five and 10.

"Our first year we did about 15 kids once a week, then this past year we've had closer to 35-40 kids three days a week," Bogardus said in an interview.

"Thanks to a couple of new donors, we're going to be doing



John Bogardus is the Music Director of the Halifax Music Co-op. JEFF HARPER/METRO

four days a week, two hours a day right after school with healthy snacks."

He works alongside the Brunswick Street Mission and Metro Turning Point to involve and support people joining the community. In addition to many other tasks, he also composes and arranges music.

Bogardus finds it difficult to

contain his passion for his work. The Halifax Music Co-op grew out of a University of King's College orchestra six years ago. The non-profit officially incorporated four years ago.

"Like entrepreneurs you read about, I show up at 7 a.m. and I go home at 11 p.m. sometimes every day of the week for weeks on end," Bogardus said.

In the beginning, they conducted auditions and realized some of the musicians wouldn't be able to keep up.

Bogardus said it quickly became obvious they couldn't ask them to join a free orchestra but pay for lessons.

So he began offering subsidized lessons. Within a year, they had a second ensemble, and by

the end of two years they were booking 40 to 60 hours of classroom time each week at King's.

They outgrew that space, worked with a local church for a year, started a choir program, and were "homeless" for a short period.

The co-op ended up at renting space at Brunswick Street Mission where they've been ever since.

+ NOMINATIONS

Do you have someone to nominate?

Each Monday, we will profile an unsung volunteer hero in our community as part of Halifax Heroes.

To nominate someone, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or tweet @metrohalifax using the hashtag #Halifaxheroes

Orchestras, ensembles, choirs, lessons and performances all take place in the space.

"We kind of codified around the core values. Come as you are. Pay what you can. And passion first," he said.

The co-op has had more than 800 members in just over five years. It also provides a lending and music library for those who can't afford their own instrument.

"We constantly hear about losing music in the schools... and to have music education, it's expensive. These things are true but that's not really what the issue is," he said.

"There's a drastic need for community, and community connectedness and music is an incredible vehicle for that...I would just invite people to come and share this amazing magical place where we create this beautiful sense of community together."

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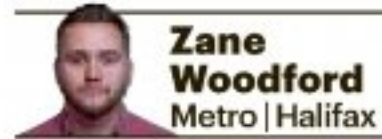
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Dishing up a fresh issue

NUTRITION

Food security needs to be an election topic, say advocates



Zane Woodford
Metro | Halifax

Heading into the last week of the campaign, the Ecology Action Centre is hoping to make food security in Halifax an election issue.

"We're still of overcoming this hurdle that food is not a city issue when food is very much a municipal issue. There are all kinds of ways to engage in it," said community food coordinator Marla MacLeod in a recent interview.

"We want to see councillors champion food issues."

Food security means ensuring everyone has access to "healthy, sustainable, culturally appropriate food" that's been produced, procured and distributed "in ways that are environmentally sound and socially just."

A 2015 report by the Halifax Food Policy Alliance found that Halifax was the most food insecure among 33 of the country's largest cities, and one in five Haligonian households is food insecure.

There has been progress recently with initiatives like the mobile food market pilot project, a Halifax Transit bus transformed into a discount grocery store on wheels, and the urban orchard pilot project, but the municipality has yet to institute a food security policy. MacLeod wants to hear more candidates talking about the issue.

"We need our municipal plans to take into account grocery stores and other types of food selling outlets — farmers' markets, healthy corner stores — and making sure that that's in our plans as well, and that we're



Customers at the Seaport Farmers Market in Halifax, ranked the country's most food insecure city. CANADIAN PRESS FILE

designing our neighbourhoods to have those things," she said.

"We want to procurement policies that mention local, sustainable, healthy food, and down the road, it would be great to have a food strategy like Vancouver's, or many of the other ones."

Municipal government can affect food security in a number of ways, MacLeod said, and one of the most direct is transit.

"When you think of people who are in food desert areas, so neighbourhoods that don't have a lot of outlets, they're travelling by transit to get food. If you've ever hauled a whole lot of groceries on the bus, you know that can be challenging," she said.

MODEL PROJECTS

Following the good food trail

Canadian cities — both larger and smaller than Halifax — have already implemented programs. If Halifax decides to implement a policy, as many candidates throughout the city have promised, here are some of the models they might follow.

TORONTO

- A partnership between the Toronto Food Policy Council and the City of

Toronto that began in 1991

- Goal to create a health-focused food system
- Supporting healthy and culturally appropriate food
- Food pricing that favours healthy choices
- Neighbourhoods that are planned with food access in mind

VANCOUVER

- Initiated by Metro Vancouver in 2008
- Create food-friendly neighbourhoods
- Empower residents to make healthier choices
- Improves access to healthy, affordable,

culturally diverse food

- Make food central to its green economy
- Advocate for a just and sustainable food system

SASKATOON

- Assessment and action plan created by the Saskatoon Regional Good System Assessment and Action Plan Team in 2013
- Goal to enrich Saskatoon's food culture
- Ensure everyone has nutritious food
- Boost the hybrid food economy
- Minimize food's ecological impact



HOW TO VOTE

Key Dates:

e-voting (online and by telephone) starts Oct. 4, runs every day till Oct. 13

Advanced polling in person on Oct. 8, 11

Election Day is Oct. 15

Qualifications:

Must be at least 18 years old, Canadian citizen, Nova Scotia resident for six months, and an HRM resident before the first advanced polling day

Check if you're registered:

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Which district you live in:

www.hrsb.ca/about-our-schools/school-finder/district

Where to vote:

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Amish drive population boom

PROPERTY

Simple-living people flocking east due to low land prices

There's a sudden population boom in eastern P.E.I., and the local hardware store has been buzzing. Home Hardware owner Mark Beck says they've been busy supplying new customers with lumber, hardware, and paint. They've even started stocking a specific model of straw hat.

His new clients, he says, are very particular about their straw hats. About 14 pioneer Amish families from southwestern Ontario have bought farms here this year, lured by low land prices, and settled in the communities of Dundas and Summerville. Many more families are expected.

"Being rural P.E.I., any time there's new business, it's a boom," Beck said from his perch on Main Street. A horse-drawn wagon soon passes by, heading into downtown. Onboard are two young Amish men, each dressed in light blue shirts, dark blue



Many elderly farmers on Prince Edward Island are happy to see the Amish work old farms that haven't been occupied for years. THE CANADIAN PRESS

pants with suspenders, and straw hats. One sports a bushy beard.

"We see the buggies in the town every week and it's kind of exciting," says Beck. "It's new, it's change, and it's nice to see the old farms getting worked."

Islanders, thrilled at the sudden interest in a shrinking, aging corner of their rural province, are going out of their way to help make it an Amish paradise.

A number of businesses in Montague and Cardigan have installed hitching posts where buggies can be parked. Along the highways and roads in the area, there are signs urging caution that horses and buggies might also be using the road.

Amish are groups of traditionalist Christian church fellowships. They are known for simple living, plain dress,

and a reluctance to adopt modern technology.

None agreed to be interviewed, but their impact is undeniable. Brad Oliver, a real estate agent in Montague, first became involved in 2014 with efforts to move the Amish families, by helping them find land — often older farms that needed some TLC and hadn't been tilled in years.

"They've done an amazing amount of building and renovating on the properties that they bought. They are very industrious and well-organized," he said.

"A lot of their work is community based where they'll work on one fellow's farm and a few days later you see them working on another." Oliver said a big attraction for the Amish settlers has been land prices.

"They're coming from an area in Ontario where it's \$20,000 to \$25,000 an acre for good agricultural land, and here it starts at \$2,000 and goes up from there," he said. An agreement was reached with the provincial government to allow the Amish to do a form of home-schooling with an old-fashioned, one-room school house. The first families arrived in the spring.

At most of the Amish farms, you'll find roadside produce stands, or signs directing you in to buy produce or baked goods. One place also listed puppies and

bunnies as items for sale.

For Mary Grant, at the nearby farm feed supply business in Cardigan, the Amish have become clients, friends and a draw for tourists.

"It's just a plus, plus, plus because it's a way of life that is intriguing to most people and even when they stop at the vegetable stands, a lot of people stop more out of curiosity than anything else," she said.

Grant said many of the retired farmers in the area are happy to see the old farms being used again and have embraced their new Amish neighbours.

"The retired farmers around here have taken the Amish under their wing in a big way. A lot of times when they come in here, they come with retired farmers from Kings County who spend time with them and take them places. They all have a good time," she said.

THE CANADIAN PRESS

“They’ve done an amazing amount of building and renovating on the properties that they bought.”

Brad Oliver



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RESCUE

Police find hiker lost in the woods

A woman was found by police Saturday night after being lost in a Halifax woods for a few hours.

At about 7:55 pm, Halifax Regional Police responded to a report of a lost hiker in the Williams Lake area.

The 21-year-old woman had been hiking in the area, but became lost as darkness fell, the release said.

She was able to call 911 on

her cellphone. Police patrol units, helped by a K9 unit, attended the area and obtained her general location using cell phone coordinates.

Officers entered the woods, and the woman was found by a K9 unit.

She was cold but uninjured, the release said, and was led out of the woods at about 10:20 pm.

METRO STAFF

DISNEY LINER

Hurricane diverts cruiser to Halifax

Hurricane Matthew has forced a Disney cruise ship scheduled for a southern jaunt to divert to Atlantic Canada.

The Disney Magic was to leave New York City Friday for the Bahamas and Florida, but is now heading to the Nova Scotia ports of Sydney and Halifax as well as Saint John, N.B. The ship, with a passenger capacity of 2,700, arrives Tuesday in Halifax, along with three other

previously scheduled ships.

"With that addition to the schedule, we're expecting over 10,000 cruise guests on that day, and that will be the busiest passenger day of the year," Port of Halifax spokesman Lane Ferguson said Friday.

"That's a bit of an unexpected bonus for us, because we weren't expecting that Disney vessel in."

THE CANADIAN PRESS



Moura Macumber, 9, who went across the lake for the first time, reaches the finish. COLIN CHISHOLM/TC MEDIA

Gourds galore in the annual pumpkin race

GOURDS REGATTA

Event good for area businesses, MLA says

Thousands of visitors arrived in Windsor on Sunday for the 18th Pumpkin Regatta.

Both the Windsor waterfront and Falmouth side were packed with onlookers as the colourful pumpkins and their paddlers made their way across Lake Pisiquid.

Luckily for everyone involved, the rain held off, keeping everyone dry — except for the people

who were in the lake either on purpose or not.

Chip Peterson, of Falmouth, was the first paddler across the lake. It was his first time winning the regatta, but that wasn't for a lack of trying.

"I was in the first race they had, 18 years ago, and my father and two brothers decided to try it," Peterson said. "And someone said, 'it's Pumpkin Head,' and every year I've wore a pumpkin."

The crowd cheered for 'Pumpkin Head,' as he made it to the finish.

"Your legs cramp up bad in there, you can't move them around to get comfortable," he said. "Most people get smaller pumpkins, making it even worse."



I liked that I got to take the time to make my pumpkin beautiful.

Moura Macumber

I always get a bigger one if I can."

Peterson has been in 15 regattas so far. He said that one of his biggest issues this year were his goggles, which fogged up, clouding his vision. With that, Peterson just aimed for the bright orange fire personnel who were wading in the water. "It's just a fun thing to do," he added.

Moura Macumber, 9, went

across the lake for the first time and her brother Aiden Macumber, 14, went across for his fifth time.

Moura, who also paddles at the Pisiquid Canoe Club, said she thought she did well for her first time.

"I liked that I got to take the time to make my pumpkin beautiful," Moura said. "Paddling was the hardest part, my knees really hurt."

MLA Chuck Porter said the Pumpkin Regatta provides a great spinoff for the Windsor area businesses. "Anytime we can bring a crowd like this to our local area is good," Porter said. "They buy dinner, shop, get gas, but most importantly they're here and having fun." TC MEDIA

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“

This is an industry with a problem right now trying to find qualified people.

Kevin Croft

A local pot smoker rolls up a joint in this file photo. The College communautaire du Nouveau-Brunswick will launch a course in marijuana cultivation next year. JEFF HARPER/METRO

Zeroing in on the science of weed

CANNABIS

College preps students for medical marijuana jobs

A community college in New Brunswick is offering a course in horticulture tailored to equip students with the skills to work in a growing industry — marijuana cultivation.

A school official at the College communautaire du Nouveau-Brunswick says the course will launch sometime next year

and has been designed in collaboration with industry leaders to train people to be capable of working in the highly regulated medical marijuana industry.

Michel Doucet, executive director of continuing education and customized learning, says the school has already received interest from people keen on working in the marijuana industry, but warns that the program is not intended for hobbyists.

“People think that you grow the plant and leave with it, bring it home. No, absolutely not,” Doucet says. “They don’t

ingest it, they grow it ... This is a secure environment. You don’t just walk in and say, ‘I want a job at a medical marijuana facility.’”

Much of the learning will take place outside the classroom, Doucet says. The school is teaming up with industry partners to ensure that students gain technical experience in licensed facilities by being involved in the day-to-day care of the plants under the supervision of senior employees.

The CEO of International Herbs Medical Marijuana Ltd, which operates Zenabis, a medical marijuana company

in Atholville, N.B., says producers across the country have had trouble finding qualified, educated workers. Kevin Croft says Zenabis, along with two other licensed producers, have been working with the Canadian National Medical Marijuana Association and the New Brunswick school to develop a curriculum based on a similar program in B.C. that offers apprenticeships and the skills to work at any facility as well as opportunities to specialize.

“You’re talking about an industry that is coming out of a veiled curtain,” Croft said. “This is an industry with a problem

right now trying to find qualified people.”

The New Brunswick government has backed Zenabis with \$4 million in funding based on the company’s projection to create up to 208 jobs in the province.

Premier Brian Gallant has also announced \$1 million in potential funding for Organigram, one of 30 producers licensed by Health Canada to produce medical marijuana. Denis Arsenault, CEO of the Moncton-based marijuana company, said it will be adding around 100 new jobs in the next year to 16 months. He hopes some of

them will be awarded to graduates of the New Brunswick college’s program.

“The marijuana plant, as much as we call it a weed — it’s probably easy to get it to grow,” Arsenault said.

“The problem is, then you need to grow it consistently. It’s a medicine, so the crop that you grow in January needs to be the same as the crop you grow in March. Therein lies a lot of the expertise that needs to be put in place,” he said. “To have a curriculum that really zeros in on the plant science of marijuana ... That’s fantastic.”

THE CANADIAN PRESS



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Outrage grows over sex attack sentence

JUSTICE

Rap star joins advocates and slams Crown's judgement

Outrage is building around the case of a man who sexually attacked an 11-year-old Newfoundland girl on several occasions, with a women's advocate and rapper Classified slamming the minimum sentence handed down this week.

Jenny Wright, executive director of the St. John's Status of Women Council, said Friday it reinforces what she calls a widespread "rape culture."

"The message in cases like this is that it is no big deal that a woman or a young girl was raped and harmed in this way, that we accept that a crime as heinous as that, done on a young child, that the perpetrator of that crime can be out walking the streets in a year and a half. As a society, we're okay with that."

Christopher Butt was sentenced Wednesday to five years in prison followed by three years' probation after pleading guilty to sexual assault and uttering threats. The sentence — the minimum for the offence — was jointly recommended by the Crown and defence. Butt was also credited for time served, meaning he has one year and 38 weeks left in his sentence.

Classified — whose real name is Luke Boyd — took to Facebook to encourage his supporters to let the judge in the case know they were upset with the sentence. In an interview, Classified said he was outraged by the outcome of the case and wanted to draw it to the attention of his roughly



Rapper Classified railed against the ruling. THE CANADIAN PRESS

196,000 Facebook followers in hopes of starting a nationwide discussion.

"The fact that I had to say it on a Facebook post, a rapper from Nova Scotia, and the rest of the country is not looking at it, like it's not a big deal how brutal this thing was. That's the mind-blowing part because people are like, 'Wow, I never even knew

about this,'" said Classified in a phone interview from his home in Enfield, N.S., on Friday.

"The amount of messages I got from other young ladies who said they went through the same thing, with guys getting eight-month and nine-month sentences, it's just crazy. It's really eye-opening for me."

Justice William Goodridge

wrote in his decision that he accepted the joint submission for the minimum punishment in part because of other factors, including doubt about the young woman's ability to testify at trial, which created uncertainty about a conviction.

"The quid pro quo of the plea bargain assured a conviction and saved (the complainant) and her family the added emotional stress of a trial," he wrote.

Wright said the case sends a message to victims of sexual assault that reporting the crime doesn't always mean justice will be served.

"What fuels this is deeply embedded, sexist values and a thriving rape culture which continues to suggest that women and girls somehow invite sexual assault upon us, that somehow men ... are entitled to the bodies of women and girls," she said.

Wright said people need to advocate for change by speaking to their justice ministers, to the prime minister and to police, and by working with women's groups.

"One case after another drops like this and we're, like, 'Oh, that's too bad.' 'Oh, that shouldn't have happened'.... But nobody is standing up and saying: 'This isn't going to happen anymore,'" said Wright. "Unless we speak out and make those changes, this will continue to happen."

Goodridge's decision said that the 41-year-old man lured the young girl, who was 11 years old at the time, to his home and repeatedly sexually assaulted her during the summer of 2014.

The decision said Butt was a neighbour and a family friend. It said the assaults occurred on several occasions over a four-week period. THE CANADIAN PRESS



A truck sits in floodwater in the Sydney area on Monday afternoon. TC MEDIA

HOLIDAY DELUGE

Rain falls too fast to solve dry spell

An Environment Canada meteorologist says Nova Scotia's Thanksgiving Day downpour probably won't quench the dry spell in the province.

Jason Sheppard says the showers have been so intense, the dry ground wasn't able to absorb the rain, leading to flood conditions. "It's not always a good thing," Sheppard says. "If you get too much in too short of a time, it just runs off."

Environment Canada has projected between 40 to 60 millimetres of rainfall across the province, with total amounts likely exceeding 100 millimetres.

Allister Aalders, the amateur weather enthusiast behind Nova

Scotia Weather Service, says many of his 16,000 Facebook followers were grateful for the deluge — only to find out it was flooding their basements rather than watering their crops.

"They need this rain to help restore their wells and their gardens and their fields," Aalders says. The weather put a damper on some of his followers holiday festivities. Many encountered travel problems like flooded roads as they made their way to the Thanksgiving table, whereas some didn't get to eat at all.

Nova Scotia Power says more than 21,000 people are without electricity as of Monday evening due to outages. THE CANADIAN PRESS

THE TOP 6@6

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- 6 Kiara Gold
- 5 Calvin Harris The Way
- 4 Tove Lo Cool Girl
- 3 Sia ft Kendrick Lamar The Greatest
- 2 DJ Snake ft Justin Bieber Let Me Love You
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The typo that changed her life

GOVERNMENT

Refugee faces deportation over misspelled first name

A typo could be costly, especially when it's in the name on the ID of a refugee claimant.

In a rare appeal case, Ottawa has overturned a decision to grant refugee status to a Nigerian woman, in part because of a misspelling of her name in a government birth document from Lagos. Gift Daniel, 32, now faces deportation from Canada at any time.

What was unusual with the government's appeal is that immigration officials did not challenge Daniel's claim that she was a victim of female genital mutilation and domestic abuse, but contested her credibility on the grounds that she is not who she claims to be.

Daniel, a hairstylist from Benin, arrived in Canada in February 2015 using a false Canadian passport under the name of Desiree Dobson and filed an asylum claim upon landing at



A misspelling of her name on a government birth document has cost Gift Daniel her asylum in Canada. TORSTAR NEWS SERVICE

Pearson International Airport. She was also in possession of a Social Insurance Number card, birth certificate and driver's licence under the same name, according to federal government officials.

Daniel claimed she was forced to undergo female circumcision in 2012 and was sold by her father a year later to an older man

who sexually, physically and psychologically abused her before she fled Nigeria with the help of a smuggler. The refugee board confirmed there was documented evidence of genital mutilation.

Upon her arrival in Canada, Daniel said she declared her real identity to officials as "Gift Daniel" and provided a birth

document and driver's licence issued by the Nigerian government as proof.

However, a border enforcement official quickly noticed her birth document spelled her name as "Gife" while her licence spelled it "Gift" — setting off questions by Canadian officials over her identity.

She was detained at the

Rexdale immigration holding centre for three months until her release on May 13, 2015, when she was granted refugee status.

Despite concerns over Daniel's identity, refugee judge Shamshuddin Alidina, in granting her asylum, wrote the tribunal "believes, on a balance of probability, that the claimant has persuasively established her identity as Gift Daniel from Nigeria."

While Daniel has insisted she only became aware of the typo after it was spotted by the border official, the different spellings of her name in her identity documents triggered the government's challenge to the refugee appeal tribunal to overturn the asylum decision.

"Identity is clearly an important fact, so important that if not established, there is no need to further analyze the evidence and the claim must fail," the government said in its appeal. "Absent a properly established identity, a matter of utmost importance to refugee determination, the claimant cannot be considered to be a credible witness on the material aspects of her claim for refugee protection."

TORSTAR NEWS SERVICE

EQUALITY

Gregoire-Trudeau to open TSX

Sophie Gregoire-Trudeau will open the trading day at the Toronto Stock Exchange on Tuesday to mark International Day of the Girl.

She is collaborating with three charitable organizations — G(irls)20, Plan International Canada and FitSpirit — to show how important it is for girls to have equal opportunities to boys.

Farah Mohamed, CEO of G(irls)20, said it's also important for people to realize that investing time and resources into girls pays off. The organization frames women's and girl's equality differently from other organizations, using financial language. Mohamed says girls are a resource in which businesses and governments should invest. Mohamed says when women earn a salary, they tend to put most of the money they make back into the community, which raises the GDP. THE CANADIAN PRESS



Sophie Gregoire-Trudeau CP

App aims to stop bullying



Alex Boyd
Metro | Edmonton

A team of high schoolers from Edmonton, Alta. has built a smartphone keyboard designed to stop cyber bullying before it even happens.

The Sentiment Keyboard is a downloadable keyboard for Android phones that will scan the text you type — whether it be an email, Facebook post or text — and determine whether it's negative or not.

"I think that when given the choice, people will choose not to bully," said Jacob Reckhard, who

created the keyboard along with Christopher West and Ibrahim Elmallah.

"The main problem with it is it's getting a lot of false negatives," he said, or things that it doesn't think are offensive that actually are. "A computer just doesn't understand how a flower smells compares to an ape."

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ROSEMARY WESTWOOD

ON THE RCMP'S SETTLEMENT

Women and taxpayers are the ones paying for Mountie misdeeds



I had reason to call the RCMP last week, and a woman picked up the phone at the Surrey detachment.

It was Thursday, and I wondered what it was like for her to walk into that office the morning of a historic, landmark settlement over harassment, abuse, rape and discrimination of women within the Mounties' ranks.

What were her colleagues saying? Did she ever experience the kind of treatment that will net at least 1,000 current and former RCMP employees a share of the \$100-million settlement? Or does she count herself lucky?

This settlement — announced last Thursday — is also for her. Both symbolically and, one hopes, in terms of real change with the organization, it is for any woman who would want to join the RCMP in the future, and every one of them who's ever joined.

And it raises many other questions: Why did it take so long? The two class-action



TOP MOUNTIE APOLOGIZES RCMP commissioner Bob Paulson holds a news conference, as plaintiffs Janet Merlo, centre, and Linda Davidson look on, in Ottawa last week. THE CANADIAN PRESS

lawsuits against the RCMP that led to the settlement were first filed in 2011. In 2013, Bob Paulson, the RCMP commissioner, announced a "Gender and Respect" ac-

tion plan, after which more women continued to join those lawsuits.

Paulson became choked up as he announced the settlement. Are other male RCMP

officers also emotionally torn by the abuse faced by their fellow officers? What is their role in fighting the "potent minority" that Paulson and two of the complainants, Janet Merlo and Linda Davidson, claim is responsible?

What about the male police officers who committed these crimes? Will they be held accountable? The settlement process will be confidential, even to the RCMP, which suggests nothing will happen to them. And even if they are reprimanded in some way: Will they change?

What of other police forces scattered across the country? What about the three police officers in Toronto currently facing charges for gang raping a fellow officer?

And what of us, the citizens who will ultimately pay for the machismo, the violence, the cruelty, and the sexism and misogyny displayed by men in the RCMP who we pay to keep our country safe?

We might support this settlement (I do with every cell), but that doesn't change the fact that it was first and foremost women and sexual minorities who paid the price — with their careers, mental health and sense of safety.

Secondly, it will be us, Canadian citizens, who pay cash for this suffering.

I'd love to be proved wrong, but just like the Canadian military report into sexual harassment and assault revealed a toxic workplace, but no list of culprits, I expect the same will be done here.

Criminal behaviour won't, in the end, be paid for by the criminals.

HALIFAX VOTES 2016

This mayoral race is not about the winner

HALIFAX MATTERS

Stephen Kimber



It will come as a surprise to no one — least of all to Lil herself — when I predict Lil MacPherson will not be mayor of Halifax after all the votes are counted this Saturday.

But that was never the point, especially for MacPherson.

And that is a point the rest of us should also consider.

Although you may not need a weatherman to know which way the electoral winds blow, consider this reality tsunami. The most recent public opinion poll from Corporate Research Associates — taken this summer — showed incumbent mayor Mike Savage with the support of an overwhelming 85 per cent of decided voters.

Even if we give MacPherson the benefit of its entire 4.9 per cent sampling error, and then load in every single one of the other 30 per cent of respondents whose non-preferences were recorded as "Don't know/No answer/Do not intend to vote/Refused/Neither" to top up MacPherson's tally... the result will still be a win-in-a-walk for Savage.

So why then did she even bother?

Lil MacPherson is an environmentalist who point-

edly announced her candidacy on Earth Day last April. She's made her own green bones over more than a dozen years as co-owner of the Wooden Monkey, a popular local restaurant focused on sustainable agriculture. She has attended three global climate change conferences, including, most recently, in Paris last November.

There, she says, she realized municipalities like ours — "ground zero" for climate change solutions — are "not ready... We've got to prepare," she told reporters.

"I've got a fire in my belly for change, and I can't hold myself back."

The problem, however, is the issues she's championing haven't gained much political traction, in part because of the absence of the typical interest-generating, who-will-win, horse race campaign coverage and, in part, because the two candidates themselves have carried on a respectful, environmentally friendly, no-lawn-signs campaign that inevitably favours a popular incumbent that MacPherson herself calls "a good, funny, fun man."

So McPherson won't win, but that doesn't mean you shouldn't vote for her. The more votes she gets the more clear it will be to the incoming council it needs to finally take climate change's perils and possibilities seriously.

Which, for MacPherson, was always the real point.

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For those stretched to the limit

TREND

Earlobe reconstruction has spiked in popularity

Perry King
For Metro Canada



Bradford Wagner was a huge metalhead in his teens, and he had the one-and-a-half inch earlobes to show for it. Punched out and expanded to fit spacers when he was 18, his lobes were part of Wagner's immersion into the underground music scene.

"A lot of my peers then had them, and I liked the look of them and, to be frank, I wanted to fit in." But as he neared the end of his 20s, fading from punk and working as a sous chef in Toronto's financial district, Wagner began re-evaluating those dangling lobes.

"It was a new phase in my life and I needed a change," said Wagner, now 29.

Wagner is not alone — many young people who have stretched their lobes for various reasons are considering repairing them. Dr. Kristina Zachary, a Calgary-based plastic surgeon who specializes in head and neck procedures, has repaired about 50 pairs this year alone — about four procedures a month on average. Though procedures have been done in the past to reset torn and stretched ears, the surgery



Bradford Wagner, 29, received earlobe reconstruction surgery last year after first expanding his lobes at 18. ABOVE PHOTO BY PERRY KING, PHOTO ON LEFT PROVIDED BY BRADFORD WAGNER

has become a "generational phenomenon," she says.

"They have grown tired of the stretched earlobes, or they're entering into a field of work where it's a little more conservative, and they don't want to have a non-conservative appearance," said Dr. Zachary, who has been practising for 12 years.

"Typically they're young; there's an even proportion of males to females," she added.

"Usually, they're between age of 18 to, I would say, 40, and they're usually people who have had their earlobes stretched with those circular earrings and have changed their minds about (them) because of different factors."

When Wagner was committed to repairing his ears, he did his research and eventually worked with Dr. Marc DuPere at the Visage Clinic in Toronto to have it done.

Dr. DuPere, who performs the surgery 50 to 70 times a year, has seen similar increasing interest in the procedure. "Many did it when (they were) younger and now see some obstruction to a better job in a highly competitive market, along with the 'expected' look that someone should have in a more conservative profes-

sional environment," wrote Dr. DuPere in an e-mail.

Wagner wasn't worried about his appearance at all, but felt the move was necessary for his personal growth.

"I consider myself a new person, almost," he said.



+ NEED TO KNOW

Lending their ears

Earlobe reconstruction is seen as non-invasive and relatively quick compared to other cosmetic procedures — about half an hour per ear. The surgery is done under local anesthesia and the lobes are closed with sutures and stitches are put in place. There are minor complications, including swelling and pain after the anesthesia subsides — patients are given a few Advil or Tylenol at most. Most patients return to school/work the next day. All the ears look good as new after the scarring has subsided.

30

Minutes of work per ear, on average.

7-10

The number of days the stitches are in.

6-8

Number of weeks to go without earrings

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Would you pay for a date planner?

TREND

Kate McNamara has made a business out of fun itineraries

Megan Haynes
For Metro Canada



Ottawa-based Kate McNamara has been planning dates for friends and family for years.

And with so many people in her life having recently gotten married, she often dishes out the dates as wedding presents. For one couple, McNamara started the day off with instructions (and supplies) to make crafts at home, followed by lunch over a board game at a new restaurant, then on to antiquing before finishing off the day with a homemade Italian dinner. For another, she sent them skating in a park, followed by a couple's pedicure, capped off with dinner at a fancy restaurant.

She's turned her knowledge of the city and all that it has to



Ottawa-based Kate McNamara plans mystery dates for her clients based on preferences and budget. COURTESY EMILY BEEKMANS

offer into a growing business, A Date by Kate. She chooses the activities and restaurants based on daters' budgets and surprises them with a secret agenda just before their big night out. She tailors the dates based on their personalities, and encourages them to try new things, like couples' pedicures or sending a shy pair to a sex shop.

Over the last three years, McNamara has planned over 75 dates as a hobby. But at this year's Women's Show in Ottawa on Oct. 22, the 26-year-old event planner is growing her business. Her plan is to act like a dating concierge: she'll plan mystery dates for clients based on their preferences and budget. It could be anything, from learning to

make a cheesecake at a local bakery to a behind-the-scenes tour of a brew house.

She'll coordinate restaurant reservations, day-of setup (for activities like picnics in the park) and even book overnight accommodations. Her clients won't know what she's planning until they receive their instructions ahead of their dates. (She's also planning more "mass" options, like a bucket of dating ideas that aren't customized, complete with discounts and coupons, which clients can do at their own pace.)

It's not cheap: her concierge services start in the low \$200s, plus the cost of the date, but she says these personalized custom dates are good gift ideas for newlyweds and recent parents, or even those just looking for a bit more adventure.

The idea, she says, is people

are busy and often don't have time to plan extravagant nights on the town, but many millennials are looking for unique experiences. She's catering to that niche.

Hers is not the only business that's popped up in recent months to cater to people looking for a bit of mystery mixed with adventure: earlier this year, U.S. travel company Pack Up + Go launched, sending people on a surprise trip. People enter their budget and how far they wanted to travel (in the city, by car, by plane), and the San Francisco-based company handles the rest. Clients are told generally what to pack (beachwear, hiking shoes, etc.) but the destination is kept a secret until departure.

Millennials are increasingly hunting for these types of unique and unusual experiences, says Carol Wong-Li, a senior analyst

\$ MONEY

Priorities

According to Carol Wong-Li, a senior analyst at research firm Mintel, millennials are on the hunt for unique experiences. And in a recent survey, millennials were the only age cohort to list entertainment as a priority for how to spend discretionary funds.

at research firm Mintel.

In a recent survey, the young adult cohort was the only one to list entertainment as a priority for how to spend discretionary funds, she says. And it's not surprising: given most of millennials' lives are spent on social media, there's an inherent desire for Gen Y to look for these cool and unique experiences as a means of social currency, she adds.

Shannon Simmons, a financial planner and founder of New School of Finance who deals largely with millennial clients, says while on the surface paying someone else to plan dates or vacations might seem frivolous, for millennials it's par for the course. Economically, with lower and stagnated wages and a loss of job security, millennials feel they're worse off than their older counterparts, she says.

"I think we got handed a little bit of a crappy deal with regards to the job market," she says. "So if we have some discretionary money, I think we want to spend in places that make us feel good and are fun. There's nothing wrong with that."



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When voting, be sure to ask about the school board elections in your area!

If you are eligible to vote in municipal elections, you are eligible to vote in school board elections. There are special eligibility requirements for the African Nova Scotian School Board Member election, and Conseil scolaire acadien provincial election.

Please visit www.schoolboardelections.ca for more information.

Insights from women who run their own show

NEW BOOK

Grace Bonney gets inspiration from over 100 women

Grace Bonney started her blog, Design*Sponge, at 23 and it quickly evolved into a business.

The lifestyle blog, which covers art, design, interiors and travel, can teach you how to make DIY wooden planter boxes and pet name tags, but also how to DIY a business, with advice for working from home and overcoming failure.

Twelve years later, Bonney, who lives in New York's Hudson Valley, is releasing *In the Company of Women: Inspiration and Advice from Over 100 Makers, Artists, and Entrepreneurs*, a collection of Q&A interviews with women who also run their own shows, including Neko Case, Roxane Gay, Tavi Gevinson, Christy Turlington, Carrie Brownstein, Mary Lambert and Issa Rae.

In the book, Bonney asks one of two sets of general questions about childhood and lessons learned the hard way. Torstar News Service put some of the same queries to Bonney herself.

What's the best piece of advice you have received?

Let go and really embrace the idea that no matter how experienced you are in your business, the hurdles are always there and they get even more



Grace Bonney is the author of *Company of Women: Inspiration and Advice from Over 100 Makers, Artists, and Entrepreneurs*. CHRISTOPHER STURMAN

complex — but the reward of getting through them gets more fulfilling.

Is there a certain mistake that led to success, eventually?

Most of my mistakes come in the form of team management. Early on I made the mistake of thinking I had to be friends with everybody. I was so concerned with people feeling comfortable and supported I never asked for what I actually needed. When I ultimately realized that being direct and assertive and telling people what I needed, it created an easy, clear work environment and it's flowed a lot better

since I've become more direct.

Is there a tool, object or ritual you couldn't work without?

It sounds boring, but my iPhone. I do everything from my phone. I do all our social media, answer emails, record videos. I could live without my laptop but not my phone. We had to not use that answer for a lot of people. It was like, iPhone, iPhone, iPhone over and over again.

What does the world need more of?

More listening and less talking.

TORSTAR NEWS SERVICE

THE SIDEBAR IS EXCERPTED FROM *IN THE COMPANY OF WOMEN: INSPIRATION AND ADVICE FROM OVER 100 MAKERS, ARTISTS, AND ENTREPRENEURS*, A BOOK OF INTERVIEWS BY DESIGN*Sponge founder GRACE BONNEY.

IN THEIR OWN WORDS

Name a fear or professional challenge that keeps you up at night.
Being labelled as a bad writer.

What quotation or saying inspires and motivates you to be yourself and do what you love?
Our family mantra: "Give to your world the best, and the best will come back to you."

Which of your traits are you most proud of?
My empathy.

Which of your traits are you most proud of?
I'm true-blue. A loyal dog.

What does the world need more of? Less of?
More humility, less infighting.

What would you tell yourself ten to twenty years ago that you wish you knew then?
Stop buying dresses; you hate them.

Name a fear or professional challenge that keeps you up at night.
Not filling the day as much as I could have.

In moments of self-doubt or adversity, how do you build yourself back up?

Self-care, which for me means taking walks alone, journaling, and doing yoga.



Issa Rae, creator of web series *Awkward Black Girl* and future star of HBO series *Insecure*



Neko Case, musician and member of Canadian band *New Pornographers*



Tavi Gevinson, editor-in-chief of the magazine *Rookie*

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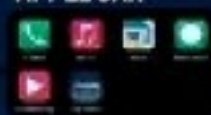
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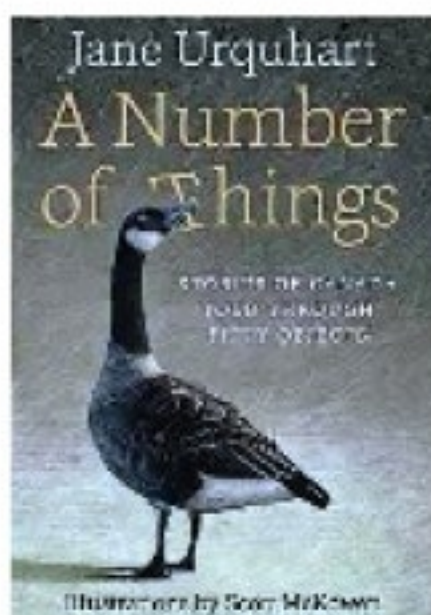
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BOOK EXCERPT **A NUMBER OF THINGS**, BY JANE URQUHART

The cowcatcher



In her new book, **A Number of Things: Stories of Canada Told Through Fifty Objects**, author Jane Urquhart explores 50 unexpected artifacts that explore the history of the nation. On sale today, this is her gift to Canada as we prepare to celebrate the 150th anniversary of Confederation.

Lady Susan Agnes Macdonald, second wife of our much-praised and frequently criticized first prime minister, turns out to have been an unusual woman, especially if one considers the times, and the places, that influenced her life.

Daughter of a Jamaican plantation owner, she would have witnessed not only the daily brutality and moral corruption of owning slaves, but also some of Jamaica's most bloody and ultimately successful uprisings.

For obvious reasons, her father's fortunes did not fare well in Jamaica after the 1838 emancipation of the slaves, and when he died in 1850, the family moved to Ontario, where Hewitt, one of her two brothers, became secretary to a man called John A. Macdonald, the attorney general of Canada West (as it was named at the time).

Living in Ontario did not

prevent Agnes from making frequent trips to the mother country, and thus it was that in 1866 she happened to be in England for the London Conference, during which the British North America Act was hammered out in preparation for Canadian Confederation.

John A., allegedly a great wit, announced that he had become so fond of the notion of unity he felt he should try it out once again himself, and the two were married and even managed a short honeymoon in Oxford while the conference grumbled on around them.

The BNA Act was duly drafted and signed, and when the Dominion of Canada was born on July 1, 1867, John A. became Sir John A. and his wife became Lady Macdonald.

Years later, in 1886, as first lady to the first prime minister, Agnes would accompany her husband on his only journey to the West Coast — one that would be taken on the almost new transcontinental train, the last spike having been driven into the earth of British Columbia in 1885.

Sir John was in his second incarnation at the time: the Pacific Scandal, in which the construction of the railway was politically encouraged by massive campaign donations from promoters of same, had thrown him out of office for a while in the 1870s.

His problems with alcohol had not abated to any noticeable degree, and if there was a bar car, he was

likely spending a considerable amount of time in it.

Travel in previous centuries astonishes, especially if one considers the amount of time spent moving over land or across oceans without showers or sleeping pills.

This added to the very real dangers along the route (weather, mechanical failure, accidents, disease), arguably made any travel extreme travel.

In spite of this, Lady Agnes apparently wanted adventures even more thrilling than those already provided, and when the train eventually reached the Rocky Mountains, she announced to a thunderstruck superintendent that she would be travelling on the engine's cowcatcher for the final six hundred miles of the journey to avail herself of a better view.

She was able to persuade her husband to join her for only thirty miles, but from the sounds of her diary, his absence in no way diminished her enjoyment. Perhaps her enthusiasm encouraged her husband to think seriously about preserving such extraordinarily beautiful landscapes, as shortly after the couple returned from the west, Sir John established Yoho and Glacier national parks, two of our first mountain parks.

Lady Agnes never forgot the mountains. And the mountains would remember her as well.

There is a small body of water near the top of Mount St. Piran called Lake Agnes, and Mount Lady Macdonald looms over Can-



more.

And her excitement en route is touchingly expressed in *By Car and Cowcatcher*, her published account of the experience. Reading it, one feels one is sitting right beside her on the biscuit box that the engineer had affixed to the triangular iron platform as a provisional chair.

"There is glory of brightness and beauty everywhere," she enthuses, "and I laugh aloud on the cowcatcher, just because it is all so delightful."

EXCERPT FROM: A NUMBER OF THINGS: STORIES OF CANADA TOLD THROUGH FIFTY OBJECTS BY JANE URQUHART
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'I'm a mechanic of the body'

WHY I LIKE MY JOB

Chen Weinberg, Registered Massage Therapist and Acupuncturist at Neshama Therapy in Toronto, Ont. (neshamatherapy.com)

I've always had a passion for helping people. From a young age I felt connected with alternative health care, and I decided to take this one step further by learning traditional Chinese medicine and acupuncture to better address the various health issues a person may experience. After becoming a Shiatsu Master, I moved to Toronto from Tel Aviv to complete my Western medicine studies and to incorporate medical massage therapy into my practice.

I'm now a graduate of the prestigious Sutherland-Chan School & Teaching Clinic, as well as the Shiatsu School of Canada Acupuncture Institute. In 2007, I opened a home-based practice, where I treat and educate my patients to help enhance their body-mind-spirit connection and integrate their physical, mental and emotional selves into a cohesive whole.

I'm a mechanic of the body; a detective tasked with assessing, diagnosing and treating patients to help reduce pain dysfunction and emotional stress while also improving their quality of life. I enjoy seeing the immediate effect of relaxation in my clients. There is a feeling of satisfaction in bringing back good, positive energy to people. After all, we're all connected — so healing one person can truly help heal the world.



THE BASICS: Registered Massage Therapist

\$40,237

Median annual salary for a registered massage therapist. Experienced RMTs can earn upwards of \$66,000 per year.

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Projected job growth rate over the next eight years.

Data for this feature was provided by payscale.com, trade-schools.net, servicecanada.gc.ca and onetonline.org

HOW TO START

Standards and practices governing massage therapists vary from province to province. RMTs are currently regulated in four provinces, including B.C. and Ontario, requiring competency-based exams and registering with the provincial College of Massage Therapists. Formal college programs provide both theoretical and hands-on training in human anatomy, body awareness, neurology, pathology and therapeutic exercise. Student RMTs can expect to receive nearly 3,000 hours of hands-on training in the treatment of various injuries and illnesses.

WHERE YOU CAN GO

People are increasingly turning to holistic health practices to relieve stress or pain and to treat body imbalances. The widespread endorsement of massage therapy by health-care practitioners has opened several opportunities for RMTs in health clinics, nursing homes, spas, resorts and hotels, gyms and rehabilitation centres. Additionally, many professionals choose to launch and operate their own business.

REQUIRED SKILLS

Working in this field demands a high degree of functionality in social perceptiveness, clinical knowledge and judgment, physical stamina, manual dexterity, professionalism and trustworthiness.

Emma Domestic Short Hair

Elegant Emma. At 4 years old, she is a young adult, and she has lots of playful energy. She loves her toys, and she loves to interact with any visitor. She would also be best in a home with older children or adults. Emma came to us in the SPCA shelter from a vet clinic where she ended up when her guardians were not able to take care of her. **She is a happy and healthy cat who is going to bring a lot of happiness to her forever home.**



For more information on Emma and other adoptable furry friends, visit www.spcans.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

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In just over a year from now, you could be starting an exciting new career in makeup artistry, hair design or esthetics. The next set of classes for the Hair Design Centre's three programs begin early in the new year and you'll be a graduate in just four to 11 months.

On Jan. 4, the makeup artistry program begins. This 300-hour program is spread over 15 weeks. Looking for a part-time flexible program? The makeup artistry program may be the perfect fit.

In February, the hair and esthetics programs will start up. Both are full-time, 11-month programs.

"You'll love the fun and fast-paced atmosphere. As much as HDC is like coming to school, you get the opportunity to start your

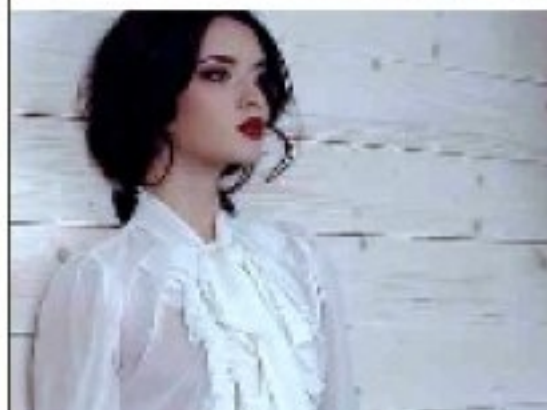
career right away with our hands-on learning approach. It's a practical-based program where you get to learn from industry-leading educators," said Lauren Maxwell, the school's admissions coordinator.

Because HDC is also a salon and spa, students get all of the training they need in house and don't have to seek out external work placements.

On top of the practical teaching, students will learn the business side of these professions and are taught about things like client retention, retailing and pre-booking clients.

With an employment rate of 98.5 per cent after graduation, HDC is a wise option for students looking to start a new career.

Applying only takes a few minutes online at hairdesigncentre.ca/school/apply.



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Coach people to be their best

Coaching is growing significantly across Canada. "Currently, it is a \$500 million industry and is continuing to grow," says Abe Brown, MBA, president, Certified Coaches Federation (CCF).

The two-day intensive certified life and executive coach training course offered through CCF has been designed for individuals who are interested in helping others, and/or are in a leadership role, and possess qualities such as empathy and the willingness to listen in a non-judgmental way.

"The focus of our training is providing our coaches with the specific tools and strategies they need to help their clients quickly generate results," says Brown.

"We provide a holistic and agile coaching model which can be applied and adapted to fit almost any client context."

CCF also places plenty of weight on previous work experience, life experience, and education, and so the training is shorter and cheaper than many of the longer and much more expensive options.

In the past eight years, CCF has certified over 12,000 people and is Canadian in origin,



CONTRIBUTED

though having spread worldwide.

"There are few other training programs in the world that give you so much in just two days," says Brown.

This course is available on November 5th to 6th from 9 a.m. until 5 p.m. each day at the Best Western Plus, Chocolate Lake, Halifax.

Registration for this course is open now. To learn more, visit certifiedcoachesfederation.com, or contact Abe Brown at 866-455-2155 or abe@certifiedcoachesfederation.com.

A T-SHIRT TO HELP SAVE YOUR LIFE

T-shirts are synonymous with comfort. But researchers at St. Mary's University (SMU) have found a greater purpose for these articles of clothing with diagnostic technology that sees T-shirts monitor health and even detect disease.

"When you measure chemicals, one of the things you look for is chemical markers of disease," says Dr. Christa Brosseau, associate professor of chemistry at SMU and its newest Canada Research Chair (in sustainable chemistry and materials). "And when you're working with nano-materials, it allows for ultra-sensitive detection of disease biomarkers."

"In our recent work, we looked at incorporating metal nano-particles into woven textiles. These textiles can absorb bodily fluids, such as sweat. And by scanning the treated fabric, we can get a finger-



CONTRIBUTED

print of what molecules are contained in the sweat. We can screen these fingerprints and look for disease markers."

The technology can be especially useful in developing nations, so SMU researchers have

partnered with a research team in South Africa to develop a rapid diagnostic test for tuberculosis at the patient point-of-care.

"It can take up to 16 weeks for someone in rural South Africa to receive a TB diagnosis," says Brosseau. "This technology can shorten that time to less than 30 minutes. The faster a disease can be detected and treated, the less chance it has to make the person ill or spread to others."

Researchers are also interested in making this technology sustainable by exploring sustainable fabrics.

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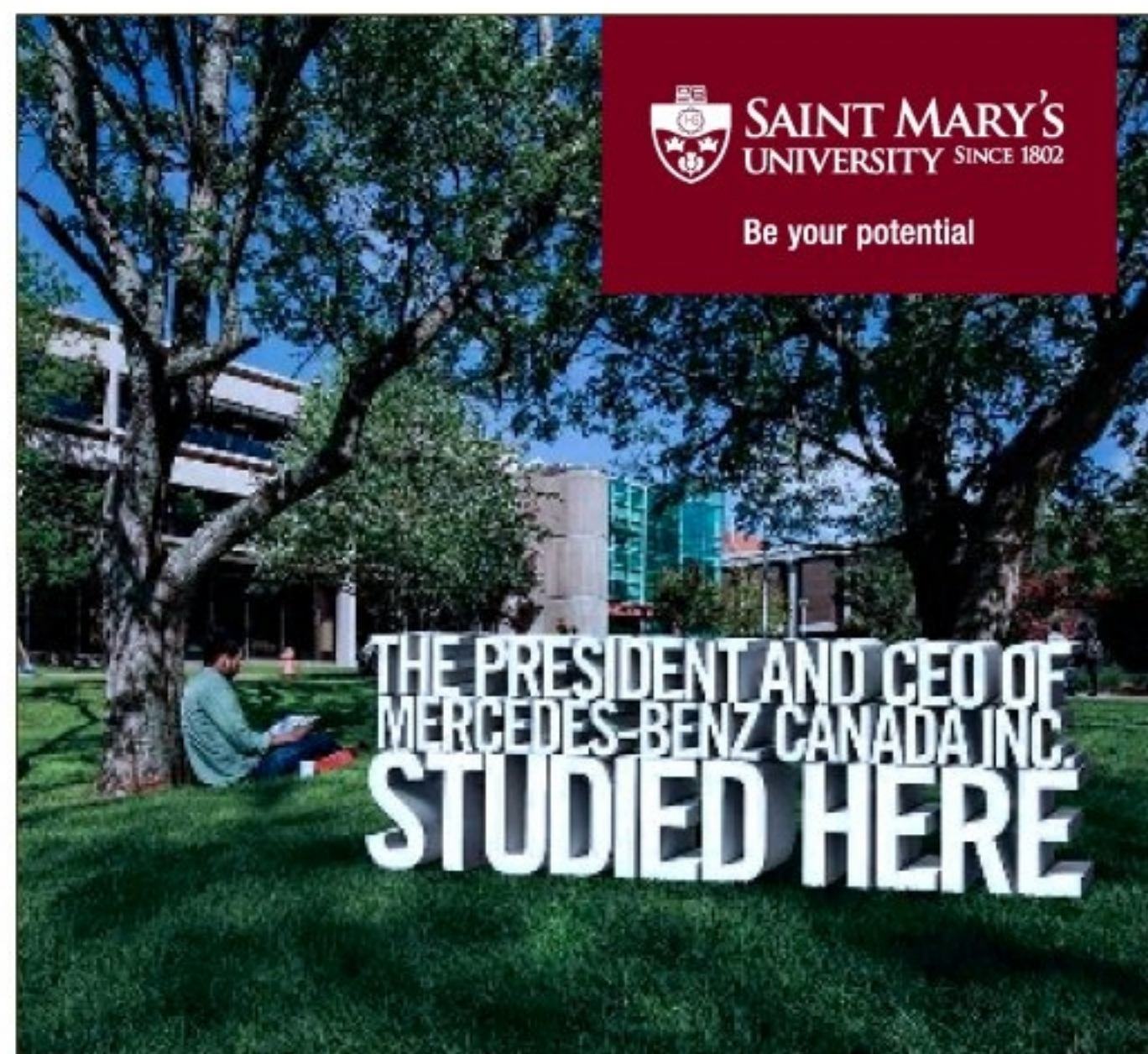
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"It's something I'm not going to forget": Rangers second baseman Rougned Odor whose error let the Blue Jays score Sunday's ALDS-clinching run

Mooseheads salvage Thanksgiving win

QMJHL

After Moose squander lead, Hischier nets OT clincher

Dylan DesRoche
For Metro/Halifax

Nico Hischier gave the Halifax Mooseheads a lot to be thankful for Monday afternoon.

The highly-touted import scored 3:35 into overtime as Halifax defeated the Gatineau Olympiques 6-5 before a Thanksgiving Day crowd of 5,110 fans at Scotiabank Centre.

Halifax led 5-2 through 40 minutes, but sloppy play led to Gatineau tying the game midway through the third period.

"We still should have won this game in three periods," said Hischier. "The (third) period we didn't stick to our DNA that's the reason why they came back."

"We didn't play fast enough," he added. "We knew they had to do something and we did the exact opposite of what we should have done."

Despite the team's weak third, they managed to kill off a penalty to start overtime, giving them momentum to score the winner.

Alexis Gravel held strong for



Mooseheads winger Maxime Fortier looks for an opening around Gatineau Olympiques defencemen Alex Brenton on Monday at Scotiabank Centre. JEFF HARPER/METRO

MONDAY In Halifax



Halifax, coming in to replace Kevin Resop in net after the team's No. 1 netminder allowed five goals on just 16 shots.

Hischier's game-winning goal came late in overtime as both teams started to look

fatigued.

"I was really tired and I saw Jonesy (Cooper Jones) had the puck and I just hoped he'd give me the pass, and I buried it," said Hischier of his winner.

"Emotionally it was really great, amazing."

The victory caps off a three-win Thanksgiving weekend for Halifax (5-2).

Veteran forward Max Fortier played a big roll in all three victories, including Monday when he scored his sixth goal of the

season and added three assists.

"It's fun to help the team," said Fortier of his fast start to the young campaign.

"We work hard and we want to be the hardest working team in the league."

Connor Moynihan, Benoit-Olivier Groulx, Otto Somppi and Bradley Kennedy rounded out the scoring for the Mooseheads Sunday, who begin a four-game road trip Wednesday against the Acadie-Bathurst Titan.

NHL

Concussion forces Crosby to sit out

Pittsburgh superstar Sidney Crosby has been diagnosed with another concussion just days before an NHL season in which the Penguins are expected to make a strong run at repeating as Stanley Cup champion.

Coach Mike Sullivan told reporters that Crosby was concussed at practice Friday and said there

is no timing for the return of the two-time Stanley Cup champion and the reigning playoff MVP who led Team Canada to a World Cup of Hockey title two weeks ago. Pittsburgh made the announcement Monday as it prepared for its regular-season opener Thursday night at home against Washington. THE ASSOCIATED PRESS

3

The concussion is believed to be at least the third for the 29-year-old Crosby.

IN BRIEF

Nats send Dodgers to brink

Anthony Rendon and Jayson Werth homered, and the Washington Nationals moved within one victory of winning a post-season series for the first time, beating the Los Angeles Dodgers 8-3 Monday for a 2-1 lead in their best-of-five NL playoff. THE ASSOCIATED PRESS

Belgium net quickest goal

Belgium scored the fastest goal in World Cup qualifying history when Christian Benteke slotted home against Gibraltar after only seven seconds Monday.

The previous record was held by San Marino's Davide Gualtieri, who needed eight seconds to score the opener against England in a 1993 qualifier. THE ASSOCIATED PRESS

Flames, Gaudreau end contract stalemate

Forward Johnny Gaudreau has a new contract in time to start the NHL regular season.

The Flames announced on Monday that the club and Gaudreau have agreed to a six-year contract extension.

The 23-year-old Gaudreau had been a restricted free agent since his entry-level contract expired back on July 1. THE CANADIAN PRESS

Time off for ill Broncos coach

Broncos GM John Elway says doctors have ordered coach Gary Kubiak to take a week off after experiencing a migraine and that special teams coordinator Joe DeCamillis will serve as interim coach Thursday night in San Diego.

Kubiak was lethargic following Denver's 23-16 loss to Atlanta on Sunday night and was hospitalized. THE ASSOCIATED PRESS

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All pricing and payments exclude delivery and destination fees up to \$1,740, \$100 A/C charge (where applicable), other taxes, licensing, registration, insurance, variable dealer administration fees, fuel-tilt charges up to \$100, and down payment. ††Applicable and unless otherwise specified. †††Other lease and financing options also available. †††Representative Leasing Example: Lease offer available on approved credit (DAC), on the 2017 Forte LX MT (F0541H/2016 Soul LX AT (S0753E)/2017 Sportage LX FWD (S0753H) with a selling price of \$15,495/\$19,995/\$24,995 based on a total number of 56/260/288 weekly payments of \$35/\$39/\$54 for 36/60/48 months at 0%/0.9%/2.9% with \$0 security deposit, \$0/\$750/\$1,500 down payment and first payment due at lease inception. Offer includes \$750 Top Quality Bonus and \$500/\$0/\$0 lease credit. Total lease obligation \$5,405/\$10,365/\$11,517 with the option to purchase at the end of the term for \$1,902/\$2,519/\$2,696. Lease has 16,000 km/yr allowance (other packages available and \$0.12/km for excess kilometers). ††Kia Protect – Job Loss Protection is job loss insurance coverage (the "Program") and is available to qualified retail customers of participating Kia retailers in the Atlantic provinces who finance or lease a new Kia vehicle at a subsidized rate of interest through an authorized participating Kia retailer. Kia Canada Inc. (Kia) will pay for the cost of Job Loss Insurance (JLI) that may cover up to six months of the first year's lease or finance payments (to a maximum of \$3,000/month and a total maximum of \$3,000). If involuntary job loss (as defined in customer's JLI product guide and certificate of insurance) occurs within 60 days of the effective date of insurance (as indicated in customer's JLI product guide and certificate of insurance), no loss of employment insurance benefits will be claimable. If involuntary job loss occurs after 60 days of the effective date of insurance, customer must file a claim and is subject to a 90-day waiting period. If approved, payments will begin following the waiting period and are not retroactive. The term of this insurance is for 12 months from the effective date of insurance, and no benefits will be paid past the 12th month of the term. The Program only applies to customers who: a) are not covered by Kia Protect Loan Protection; b) have been continuously employed at their principal occupation for a minimum of 20 hours per week for the last 12 consecutive months; c) have not received formal or informal notice of impending job loss on the date of their lease or finance contract; and d) are not self-employed, seasonally employed or an elected government official. Documentation may be required. See your Kia retailer for complete details and conditions. Kia Protect – Job Loss Protection is underwritten by Co-operators U.I. Insurance Company, a member of The Co-operators group of companies and administered by IEM Financial Services. *Cash Purchase Price for the new 2016 Sorento 2.4L LX FWD (S0754G) is \$23,695 and includes a cash discount of \$3,250 and \$750 Top Quality Bonus. Excludes delivery and destination fees up to \$1,740 and \$100 A/C charge (where applicable). Dealer may sell for less. Other taxes, registration, insurance and licensing fees are excluded. Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. †Model shown Manufacturer Suggested Retail Price for 2016 Soul SX Luxury (S0758G)/2017 Sportage SX Turbo AWD (S0752H)/2017 Forte SX AT (F0541H)/2016 Sorento SX Turbo AWD (S0753G) is \$27,495/\$31,595/\$27,295/\$42,295. The 2016 Soul and Sportage received the lowest number of problems per 100 vehicles among compact MPVs and Small SUVs, respectively, in the J.D. Power 2016 U.S. Initial Quality Study. 2016 study based on 80,571 total responses, evaluating 245 models, and measures the opinions of new 2016 vehicle owners after 90 days of ownership, surveyed in February-May 2016. Your experiences may vary. Visit jdpower.com. ALG is the industry benchmark for residual values and depreciation data. www.alg.com. The 2017 Sportage was awarded the 2016 Top Safety Pick+ by the Insurance Institute for Highway Safety (IIHS) for model year 2017 U.S. models tested. Visit www.iihs.org for full details. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov). The Bluetooth® wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. ††Offer available to qualified retail customers at participating Kia dealers on cash purchase, lease or loan on all new 2016/2017 Kia models between October 1 and 31, 2016. 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